

Master Mix Oregon

Makes: 11 servings

Ingredients

- 4 cups** flour (all purpose)
- 4 cups** whole wheat flour
- 1 1/3 cups** dry milk, nonfat
- 1/4 tablespoon** baking powder
- 1 teaspoon** salt
- 1 1/2 cups** shortening

Directions

1. In a large bowl combine all-purpose flour, whole wheat flour, dry milk, baking powder, and salt.
2. Mix thoroughly.
3. Cut in shortening with pastry blender or two knives until mixture looks like course cornmeal.
4. Store in covered containers in the refrigerator.

Notes

The final product of this recipe is intended to be used as an ingredient in other recipes. It is not intended as a ready-to-eat product.

Source: Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Nutrients	Amount
Calories	590
Total Fat	29 g
Saturated Fat	7 g
Cholesterol	0 mg
Sodium	790 mg
Total Carbohydrate	72 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available